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Effect of dynamic versus static stretching in the warm-up

on hamstring flexibility

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In the article Gayle Silveira, Mark Sayers, and Gordon Waddington ask if there are benefits of static stretching in sports warm-ups and examine the effect of dynamic and static stretching on hamstring flexibility. They measured the flexibility of the hamstring by using adaptations of exercises that measured the range of motion of the hip flexion. They gathered information by using an intervention study of twelve contributors of different sports backgrounds who were predominantly training the lower body. These twelve contributors were assigned at random to three types of stretch treatment on separate days-no stretching, static stretching, and dynamic stretching. From this study they concluded when static stretching was involved there were considerable difference in dynamic flexibility of the hamstring but no considerable improvement in both dynamic and static flexibility of the hamstring. This suggests the specificity of the stretch relies directly on the hamstring flexibility.

In class we learned the factors of stretching statically and dynamically. One specific example that came to mind was Proprioceptive Neuromuscular Facilitation (PNF) because stretching the hamstrings was the most common example and it uses both static and dynamic stretching. Many techniques like the hold-relax, contract-relax, and hold-relax with agonistic contraction all provide more flexibility in the selected muscle groups. Like stated in the article the combination of static and dynamic stretching gives you more flexibility in the hamstring. What I related from the article to findings in class was that there is no true disadvantage of static stretching towards flexibility. One point specified in the article was that they type of sport you are in directly relies on what kind of flexibility you have and how much. This reminded me of an example used in class that a linebacker in football would not be as flexible as a gymnast due to their dynamic stretches required for each individual sport.

I agree with these statements that the article prepared. The things we learned in class further confirmed the article’s findings so I was much more susceptible to be in agreement with what they said. I understand why the article picked mainly lower body athletes for the study of hamstrings, but I would have also liked to have known the effect on other athletes as well. They also just used the hip ROM in the dominant leg only for their research. I would have liked to have seen the effects on both legs.